

BRIDGES

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Saskatoon's storied music scene in Eyle Off Main St **P. 5**

SPACES:

An exclusive look at the innovative Wolf Willow Cohousing project **P. 14**

SHARP EATS:

Chefs' Gala & Showcase! Five reasons you should go **P. 22**

WEDNESDAY, FEBRUARY 5, 2016

A STARPHOENIX COMMUNITY NEWSPAPER



HIGH HOPES FOR SOCHI

PAIGE LAWRENCE, RUDI SWIEGERS AND A HOST OF SASKATCHEWAN ATHLETES AND OFFICIALS ARE READY TO MAKE US PROUD **P. 5**

FREE

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ON THE COVER PG. 8



Seahawks' Lyndon Rush is a member of the four-man Canadian bobsled team who will compete at the Sochi 2014 Olympics. **GETTY IMAGES/PAUL HARRIS**

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MY FAVOURITE PLACE PG. 7



Hilary Nelson cozes up in a sunny spot by the window in her favourite place: the Alice Tarnett Library. Awarded at the corner of Astor Drive and Nelson Road. **APRIL 2013 PHOTO BY BRIDGES**

BRIDGES COVER PHOTO BY THE CANADIAN PRESS

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FASHION YXE

Have an outfit you've styled for an upcoming event?
Send a photo to bridges@thephoenix.com

SASKATOON FASHION

Samantha Simonot: Service without the short skirt

By Michelle Berg

Samantha Simonot, a fourth year nursing student at SIAST, has been serving for the last five years to make a little extra cash while she's in school.

Her current gig at Winston's English Pub in Saskatoon requires a mandatory black top. Beyond that, she is able to express herself and wear comfortable shoes, pants and accessories. She had to wear a cocktail dress and heels at her previous job, an outfit she didn't appreciate because of the long comments it encouraged.

During the day shifts, she wears a T-shirt or tank top with a necklace, jeans and a pair of Timberlands or a funky pair of boots. At night she dresses up a bit by adding lip colour, some earrings and a long necklace.

The only time Simonot has caught flak for an outfit from her customers was when she wore an animal print.

"The leopard print pants were not a big hit at Winston's," she says.

She believes people should be tipped based on their service, not on how they look.

"I try to not use my looks to get tips. I use my 'winning personality,'" she laughs.

Simonot was wearing a conservative T-shirt when she and a group that told her they tip based on their server's neckline. She knew she wasn't getting a tip and was fine with that.

"I would never work at a bar where you were forced to wear short shorts because that's just not me."

In the summer, Simonot wears skirts but with sweaters shorts underneath. There's a lot of bending over to grab glasses and clean tables which is why she doesn't want to wear short skirts, leggings or revealing shirts at work.

"You never know who you might be showing your butt to!"

"If you want to work at a place with a strict dress code, go ahead but for us here, we like it that you can be who you are."



SIMONOT'S TIPS FOR NEW SERVERS:

- Don't wear an expensive outfit — you will spill something on it.
- Wear flats or comfy shoes — you're on your feet the whole shift.
- Be yourself! You don't need to wear revealing clothes if that's not you.

OUTFIT:

- 1. **SHIRT** Forever 21 online.
- 2. **NECKLACE** Lurex & Hill
- 3. **JEANS** The Gap — "I love Gap jeans. They changed the style recently and really fit my body shape."
- 4. **BOOTS** Steve Madden from Searls.

Samantha Simonot poses for a complimentary photo at Winston's Pub in Saskatoon. **PHOTO BY MICHELLE BERG.**

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#CRAIG SILLIPHANT

Saskatoon's storied music scene

Local musicians know that the Saskatchewan Province is a harsh environment. Before the Internet, it was virtually impossible to have your music heard outside our borders. But in the last 10 years, as I covered the Saskatchewan music scene for a variety of publications and my duo, *Exile Off*, I needed to help build credibility in the amazing music I heard local artists making.

Exile Off (May 26): Bundles the pictures from the Saskatchewan Music Scene, the cultural festival almost a decade of writing and 100+ years of local music history.

It's my own story, so I went from being a foreign musician on a visit of local editors to famous local, to a professional music writer. I interview

every local music legend, from the old masters, to just well-known indie players. I went through some of my favourite stories from the past like the one about Saskatoon's elusive Joe Mitchell. And even better, I elicited a little help from my friends. Many of the other musicians and music writers I grew up playing with or met along the way. They tell their intimate stories, like the triumph of one writer that joined *Slow Down*, *Melodrama* and *Real*, meaning that there's no secret formula to the musical world. The *Northern Pulse* asked if I believe the rise of the Internet. The *Shogakukan* discovering international fame and some local networking, and even stories



Craig Silliphant

about the untimely deaths of good friends. I wanted to leave behind some kind of oral history about the amazing efforts our stellar talent has laid out. My wife and I had a son this year. I wanted him, or someone else, to be able to pick up this

book in 20 years and read about what it meant to live in Saskatoon, to make music here.

Other people rarely give our music the credit it deserves, but I always argue that true rock 'n' roll happens in places like Saskatoon. It's on the periphery where you pack up a guitar because it's cold outside. *Exile Off* (May 26) is about what music can bring to one's life when you're growing up in a small, Prairie city in exile in the middle of nowhere.

Among other places, the book is available at The Vinyl Doctor and Beaumont Price & Record in Saskatoon. Outside of Saskatoon, copies can be ordered by emailing craig@thoughtfulbooks.ca.



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After leaving office, she established her Legacy, the Michaille Jean Foundation (MJF). The Foundation works with business leaders, government, artists and educators to empower youth to live their dreams and become successful.

Mme Michaille Jean remains active in Canada internationally. In addition to her Foundation, she has been appointed UNESCO's special envoy for Haiti where she spearheaded a multinational initiative to strengthen the education system, independent culture and heritage in Haiti.

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**chambre
blanche**
The White Room
By Ian C. Nelson

Deftly playing on suspense, doubt and fear, this new novel takes us to the world of international diplomacy with a subtle treatment of suspense and moral, probing in the long shadow of Abu Ghraib and Guantanamo. Ian Nelson's fiction deftly and gracefully walks that line.

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IN THE CITY

JANUARY 28, 2014 — 4:44 P.M.

Let them eat cake



Nicola Dawson, owner and manager of Pick's Cakes, won first place for her and her pastry team's Jamaican Mr. Mutt cake at Cakes in the City, a fundraiser in support of Children's Homes and Arctic Saskatoon. It was held during WinterFest at the Saskatoon Farmers' Market. Pick's Cakes' entry was a Jamaican-banana coconut rum cake with melba cream chocolate icing and toasted coconuts. **REPORT PHOTO BY MICHELLE HARRIS**

YOUR FAVOURITE PLACE

Bridges wants to hear about your favourite place in Saskatoon! Email Bridges@thestarphoenix.com

MY FAVOURITE PLACE

Library a pleasant source of free information

By Sean Trembath

Hilary Nelson spends a lot of time thinking about Saskatoon.

As one-third of the Star YX36 paid staff crew, she discusses all things urban with her two co-hosts. She has blogged and written columns about city policy.

Her Twitter account, The Other Hilary, is immediately familiar to anyone who spends time browsing the YX36 search term.

Nelson's favourite place in the city is the Alice Turner branch of the Saskatoon Public Library at 130 Nelson Road. She took some time to tell Bridges why.

Q: What is your connection with the library?

A: It's our local branch. We've lived in the area for six years now. I go there often. I order tons of books through Inter Library loans.

I also used to volunteer for Good library organization! READ Saskatoon, and that was where we would do our talking sessions.

Q: What about the space itself? Is there anything that appeals to you aesthetically?

A: It is an energy-efficient building. The south-facing windows are great. It's warm in winter and cool in summer. It is a nice area where you can sit and read.

Q: How often do you go?

A: It used to be at least once a week. Now maybe every two weeks.

Q: Have you developed any relationships with the employees, having gone there as often for so long?

A: Yeah, I get recognized by the staff. It got so bad that when I would walk in, they would just go and pull my books off the shelf.

Q: Are there any changes you would like to see?

A: Really the only thing is they



Hilary Nelson casts us in a jury seat by the window in her favorite place, the Alice Turner Library located at the corner of Adelaide Drive and Nelson Road at Southview in Saskatoon.

even their hours back awhile ago, so they're only open until 6 p.m. some nights. They did an improvement recently that gives more space between you and the area with all the kids.

Q: Is there anything about the idea of a library, and their place in society, that appeals to you?

A: I am a strong advocate for libraries. I really believe they should be free and available for everyone.

They're a good way to get information for free. I think people forget, and just assume everyone has the Internet. The Internet still costs money to access.

Peter Gaskin, the public information

officer for the Adlington Public Library has a good quote. He said, "My two favourite things in life are libraries and bicycles. They both serve people forward without wanting anything."

ON THE COVER

It's going to be an experience we haven't dealt with before. — Paige Lawrence

SASKATCHEWAN ATHLETES AT THE OLYMPICS

How to get to Sochi from Saskatchewan



Paige Lawrence and Rudi Swiegers perform their free program in the pairs competition at Skate Canada LJOH Canadian National Skating Championships on Jan. 11 in Ottawa. © PHOTIS

By Azelle Zorr
With files from
Murray McCormick
and Kevin Mitchell

PAIGE LAWRENCE AND RUDI SWIEGERS

In figure skating's knee-deep cry area, all you can do is wait.

It's where skaters go after they've finished their programs to meet their coaches and wait for their scores. Their fate is in the hands of the judges. If the routine was less than perfect, if the competition is close, it can

be an excruciating process.

It was for Paige Lawrence. On Jan. 11, 2014, she and partner Rudi Swiegers had just finished their free skate, a four-minute and 30-second program to music from *On The Great and Powerful*. A top three finish would guarantee them a spot on Canada's Olympic team. But Swiegers had dropped Lawrence during a lift. All they could do was wait and

hope for the best.

"It was the worst moment of my life, almost," Lawrence said.

"I didn't know if we did enough, and getting on the knee-and-crie when you are powerless to control your own fate. Just to wait was horrible."

Swiegers, on the other hand, was relaxed. He knew he had done everything he could and now it was up to the judges.

While it was long, it was enough. I was a lot more relaxed in the last half-hour than my counterpart Paige and partner Ruddy," he said.

It was enough. The duo finished third and was going to the Olympics.

But it wasn't an easy road. Early in the season, Lawrence injured her leg which meant she and Swiegers were unable to train as they normally would have for their jumps and spins.

As Canada gets ready to watch the Olympics, Skidje caught up with four of Saskatchewan's own representatives before they left for Sochi, Russia.

We are proof that if you believe in something...
it is possible. — Lawrence



Swagerty (center) Paige Lawrence and Quin Swagerty were bronze medalists at Skate Canada's 2004 National Skating Championships in Ottawa. ©P. Hsu

Instead, Lawrence and Swagerty focused on their performance as the best for strength up.

Paige skating is judged in two categories: technical elements like jumps, spins, lifts and performance elements like musicality, choreography and footwork. Different elements are worth different amounts based on difficulty and creativity, but are scored based on the skaters' success in completing them.

"The lack of technical training before national trials could have hurt Lawrence and Swagerty, but both believe that the extra time spent on performance actually helped them at the national competition."

"We were a little disappointed in the short program, mainly because we had been skating really close, really consistent programs at home and we both went and made errors," said Swagerty, who grew up in the town of Kipling, 100 km southeast of Regina. After that happened we really bunkered down and fought for the program, so at that point we were hoping the program was enough."

With the Olympics quicker out of the way and Lawrence's injury resolved, the duo is training hard for Sochi.

"It's going to be an experience we haven't dealt with before," said Lawrence. "We can prepare internationally and against the best in the world but this is a side we have never dealt

with or experienced."

And while Lawrence and Swagerty can't imagine life any differently now their pairing was never intended to be permanent.

Lawrence, a singles skater at the time, was paired with Swagerty after his first partner decided she didn't want to skate pairs anymore. Their partnership was only supposed to last until they found Swagerty's new partner.

"I like to feel that I'm still looking for Paige's replacement," Swagerty said with a laugh.

Nearly nine years later they are ranked 13th in the world, are Canadiana Nationals bronze medalists and off to their first Olympics.

But despite their national and international accomplishments, competing under the World Figure Skating Club where they met and trained until after Paige's graduation, is important to them.

"The biggest thing that (both) said I want to represent is that we've achieved this without having to move away to a large training center," said Lawrence, who leads from Kennedy (currently living about 20 km from Kipling).

"I think a lot of people feel that they are in these rural areas (and) may not have the same opportunities and may not have the belief that they can fulfill their dreams that we are proof that if you believe in something — it is possible," she said.

Continued on Page 30

Authentic Amish Cooking



Apricot Bars

1/4 c. butter, softened
1 c. sugar
1 egg
2 c. all-purpose flour
1 tsp. baking powder

1 1/2 c. flaked coconut
1/2 c. chopped walnuts
1/4 tsp. vanilla extract
1 1/2 c. per apricot preserves



In a large bowl cream butter and sugar. Add eggs and mix well. Combine flour, baking powder and gradually add to the creamed mixture. Stir in coconut and walnuts until blended. Press 2/3 of dough into a greased baking pan. Spread preserves on crust. Top with the remaining dough. Bake 35F° for 35-45 minutes. Yield: 2 dozen.

Cream of Broccoli Soup

1 1/2 lb. Broccoli, chopped
4 T. Butter
1/2 c. Milk
1 T. Corn, chopped
1 c. Carrots, chopped
1 c. Potatoes, chopped
1 c. Water

2 c. Chicken Broth
1 c. Chicken Stock
1/2 T. Pepper
1/2 T. Salt
1 lb. Cheese
4 c. Milk
1/2 c. Flour



Cook vegetables, water, and chicken broth until vegetables are almost tender. Do not drain, add rest of ingredients and simmer a little.

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I don't think about [the Olympics] that much. We have been building up to this and working toward it. Now it's starting to feel like it's coming close. I'm excited to see how it all comes together. —*Lyndon Rush*



Speed skaters Lyndon Rush along with his brother's teammates Neville Whight, David Gossert and Lucinda Brown will compete at the Sochi 2014 Olympics. PHOTO COURTESY CHWILL HOGAN

LYNDON RUSH

When bobsledder Lyndon Rush walked in to B.C. Place for the opening ceremonies of the Vancouver Olympics, he thought he knew it, that in what at most he like to walk onto the field for the Super Bowl.

A fitting analogy considering Rush spent his university years playing linebacker for the University of Saskatchewan Huskies. But he

never thought football would lead to bobsled at the Olympics.

In 2003, shortly after Vancouver won the Olympic bid, a recruiting drive began. A bobsled supervisor, better called "Bobsled" head coach Bruce Torrance, and asked for some names of graduating players that fit the body type of a bobsledder. Rush was on the list.

"They called me and I thought it

would be interesting," Rush said on the phone from Germany, where he and his teammates were competing. "The first time I did it, it was really fun."

Bobsled teams compete in four-year cycles peaking at the Olympic Games. Rush four-man team has a pilot, a brakeman and two pushers. It was the latter that Rush was recruited for, but an injury during

camp allowed him to try driving the sled.

Rush grew up doing major sports in Hazelton, but the sled was completely different. He learned the ropes for a few years before starting his first four-year cycle, one that would end at the Vancouver Olympics. He also thought it'd be his last.

Rush has three daughters. His

wife Krystle is due to have their fourth child in late April. The bobsled season has a demanding travel schedule that keeps Rush away from home for nearly six months a year. But he and Krystle discussed it, and she encouraged him to go for one more Olympics. Four years later he's going to Sochi and competing in the four-man bobsled, as well as the four-

I think back to when I grew up in Humboldt, it was a small community, and I wasn't a random person. . . Maybe that's why there are so many Saskatchewan Olympians. — Rush



Lyndon Rush will be competing at his second Olympic game. Photo courtesy SaskTel Sports.

"I don't think about (the Olympics) that much," Rush admitted about two weeks before the start of the Games. "We have been building up to this and working toward it. Now it's starting to feel like it's coming down. The excited to see how it all comes together."

Rush, 20, adds his four-man team "the old crew." It consists of Neville Wright, also 20, David Russell, 24, and Leonidas Brown 39. The team changed only slightly from 2010 when Chris LeBlanc left and Wright joined.

Rush jokes that they are older than some of the coaches, but he thinks their experience is a benefit, even after what he calls an "ORL" accident.

"You want to win every race and we've had some good results but we're working towards the gold. The ultimate goal is to be ready for the big

race. . . We know what it takes to push up our game," he said adding that they go "be on there, done that."

In the off-season, the Humboldt natives train in Sylvestre Lake with his family and trainees in Calgary with his teammates twice a week.

Still, he credits his abilities to growing up in Saskatchewan.

"I think back to when I grew up in Humboldt, it was a small community and I wasn't a random person. I wasn't just some kid on a team. I was Jerry Rush's kid. When the community is right in, I really feel like the coaches and mentors put in more effort," Rush said. "Maybe that's why there are so many Saskatchewan Olympians."

"There's a little extra bit of 'Proudie pride' that's built up in kids."

Continued on Page 12

TOON TIME!

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The Sydney Games was my first Olympic Games and I thought, 'Holy smokes, this is fantastic.' But I spent the whole two and a half weeks in a hotel room staring at a computer. —Doug Charko

DOUG CHARKO

If the Canadian cross-country skiers and biathletes seem to have an extra edge these Winter Olympics, look to Doug Charko.

As Team Canada's own meteorologist, Charko will be attending his fifth Olympics, more than many of the athletes in attendance.

How exactly do you become a sports weather forecaster? Well, if you're Charko, an Italian sailing team simply calls you and asks:

"I thought, 'Well, first of all, you'll have a meeting with you and see what I can do.' And then I went up the street to the library to find a book on sailing," he said, laughing.

He was invited to his first Olympic two years later by the Italian sailing team in 2000. He has been to every Summer Olympics since.

Because Charko will be Canada's first Winter Olympics, he was required to learn the nuances of a new sport: cross-country skiing.

As Charko explains it, things like outdoor temperature, if and when it will snow and the snow temperature on the ground are all things the ski technicians take into account when choosing wax for skis. Different waxes give the skis different performances. Snow granules were grey in dry or wet conditions and some provide a better glide.

"Part of the Canadian Olympic Committee's job is to assist in any way to help these athletes do as well as they can. They like to say 'time no stone unturned.' So I was helping under one of the stones," Charko said.

He's been working with the Canadian team for a year and a half, monitoring the weather services in Russia, comparing their interpretations to his own and visiting the facility with the athletes last year.

"My job is to eliminate surprises."

Charko spends most of his time inside and off the ice. He's consistently updating to the team throughout the day.

"For sure it's exciting, but it's probably more work than people realize."

The Sydney Games was my first Olympics and I thought, 'Holy



Doug Charko holds up his Olympic accreditation to Sochi as he is working with Team-Canada as their meteorologist. Always involved in their future.

smokes, this is fantastic." But I spent the whole two and a half weeks in a hotel room staring at a computer."

In Sochi, he'll likely be working 12 hours a day for the full three weeks of competition. For three Olympics though, he'll get to spend some time at the track, a luxury not usually provided during sailing regattas and the Summer Olympics.

Sports weather is now a part-time gig for Charko, whose family moved

back to Regina two years ago after living in New Zealand for 17 years. The job has taken him all over the world, including Antarctica, Spain and Beijing.

In 2013, he was sorry for a lot of three weeks out of the year but last year a non-Olympic year, it was less. When he's not travelling for work, he's at home doing his two jobs.

Though Charko never saw sports forecasting in his future when he

started his profession, with David Bennett Canada, he hopes to continue attending the Olympics and working in the sailing world. His most recent job took him to Florida to work with two boats at a sailing regatta. But played first.

Charko says that being involved with a winning team that's happy with your work is part of what makes his job so enjoyable.

"I'd love to keep involved, it's addictive."

SARATHCHIVAN AT SOCHI 2014

Rudi Sweniger and Paolo Lawrence figure skating
Lucas Mulrooney speedskating
William Dutton, speedskating
Masha Hukley speedskating
Kai Christ, speedskating
Ben Crompton, biathlon
Lyndon Rush biathlon
Christina Valdez biathlon
Scott Peters, biathlon
Hayley Wickenheiser women's hockey
Patrick Maroney men's hockey
Ryan Getzlaf men's hockey
Chris Korte, men's hockey
Mark Muller's snowboard

CITY FACES

KAREN HOWARD

A life's passion rewarded with trip to Sochi

By Sean Trembath

Athletes aren't the only ones with Olympic dreams. Just ask Karen Howard.

The upcoming 2014 Winter Olympics in Sochi, Russia will be the culmination of 32 years of effort for the Regina-based figure skating judge. She'll be one of the select people deciding which female singles skaters leave Sochi with a medal around their neck.

"I've had to really park my dreams, wait and wait for my day-to-day life," says Howard, who got the phone call from Skate Canada in early October.

"The weekend I found out it was absolutely exhilarating, the emotions of it all."

Her path to Russia began when she was living in Melville at age 36, the youngest age at which you can be certified as a figure skating judge. She had competed at the provincial level as a skater, but had always been intrigued by the judging side of the sport.

"As soon as I turned 16 and could start writing the exams I went with it," she says.

Since then it's been years of training and working on her craft. Judging is a volunteer gig done on top of her day job as a teacher at Cochrane High School in Regina, so passion is a must.

"Lots of people think figure skating just is a winter sport. It's quite busy throughout the 12 months of the year," says Howard.

The Olympics became a concrete goal for Howard in 1986 when she judged at the Canada Winter Games in Cochrane, B.C.

"I never stop thinking. What, if this is the Canadian Olympics, what are the real Olympics like?" she says.

She became certified at the Olympic level in 2006. After that, all she could do was judge as well as she could in other competitions and hope that Skate Canada would select her when the time came.

"The number of judges each country sends to the Olympics is determined by a draw, according to Howard. For

Sochi, Canada was drawn to send judges for the ladies' pairs and mixed categories. Skate Canada deliberated on who to send, and Howard got the call.

"There were a lot of mistakes. When she called, I was shocked up with the emotions of 32 years of work to get there," she says, getting emotional just remembering the day.

While the competition comes, there will be no place for emotion.

"I know when I sit down in my seat, I have my criteria, and I know what I'm judging against in terms of the standard. You have to be able to disregard the applause in the arena and assess what you see that day," says Howard.

It's not the first time Howard has judged the best of the best. She has worked at the ISU Grand Prix Final, as well as numerous tour stops. Last November she had the privilege of judging Patrick Chan's record-breaking Grand Prix championship performance in Paris, a skating performance she called the highlight of her judging career so far.

"I think the entire panel of judges realized it was going to be one of those career highlights you'll always remember. We put together two amazing back-to-back performances where he was awarded scores of 30 by many many judges. For me, that was the first experience of being at an event where a performance like that, to that high a level, happened," she says.

Sochi, and the proximity surrounding the Olympics, is sure to be another highlight she'll never forget. She and the other judges get to attend the opening ceremonies. They will also have a chance to check out other sports, something that doesn't happen at regular figure skating events.

All that said, she will be there to do a job, just like the athletes who will judge. It's her sport's biggest stage, and she is ready.

"I don't envision in my abilities to do the judging. I've been trained to do it, I look forward to the opportunity to put all of that to work in these games. I'm just so excited."

sean@twentysixth.com



Figure skating judge Karen Howard (left) is headed to Sochi for the 2014 Winter Olympic. REGINA PHOTO BY DON HEALY

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email bridges@thestarphoenix.com

SASKATOON'S BEST SPACES

A communal space to live out the later years

By Sean Trembath

WHO? Elan Meigs

WHERE? Wolf Willow Cohousing, a 31-unit building for people aged 50 and above located at 530 Ave. 2 South in Saskatoon

WHEN? Residents moved into Wolf Willow in September 2012

WHAT? Wolf Willow operates on the cohousing model, which originated in Denmark in the 1980s. It's the first community of its kind in Saskatchewan.

The basic idea behind cohousing involves owners private living spaces — suites in this case — alongside common areas. Wolf Willow residents share over 4,000 square feet of common space. There's a kitchen, dining room, lounge, laundry, music room, arts and crafts area, guest room and a workshop, all for everyone to use.

It's fantastic. It really is a wonderful way to live. It's a lot of fun, says Meigs, who has been in the building since it opened.

Everything in the condo with the exception of washing the outside of windows is done by residents. They take turns doing necessary chores such as cleaning, gardening and maintenance work.

Every resident is a member of Wolf Willow's council and all decisions are made by consensus.

"We meet once a month. We just get along well, and things pretty much always come to consensus," says Meigs. Specific tasks, such as decorating, are allocated by consensus made up of interested community members. Then their own recommendations must be accepted by the whole council before being enacted.

They have it avoided conflict completely but so far everything has been resolved amicably, according to Meigs.

"We've been able to not cut a few sticky wickets. When you're living together with so many people, there's always bound to be something coming up, especially when it's brand new but we'll be all enjoying it very much."

WHY? "It's an alternative way for us to age gracefully. Every body here is very active and energetic so it's a wonderful place to be," she says.

Although not all of the community members are retired, the draw for Wolf Willow is to place they can all continue to live well into old age, supporting each other.

"We hope that we'll be able to keep each other engaged over the next many years."

HOW? Wolf Willow is at capacity but one of the units will be going up for sale soon. Anyone looking to join the community can find more information on their website at <http://www.wolfwillowcohousing.ca>.



NEXT WEEK: Do you play favourites with your children?
Email bridges@thestarphoenix.com

#PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked:

What's the funniest thing your child has said or done lately?

"We just sat around. Wheels on the Bus to me. 17 months old. He was crying it, but when I told the window goes up and down, he started saying 'up' I thought it was cute, but then he said really loud and started to run away like he was bad. I asked him if he was telling mommy to shut up and he cried and ran away. Ugh, stinker!" —Victoria A. Suppon

"Our toddler who was crawling in a few weeks made us laugh at Christmas. He was being naughty and just came out. At the end we discussed it and ended with a hug. I asked for a flat jump but he was still a penguin and couldn't go to bed. Of no sleep. He took his little arm out. I asked up at the end if he was sad. Come on more about have me hugger? So he had a hug. I asked to keep track of his penguin moments!" —Laurie Lord

"My three year old got into a party about out climbed a giant tunnel and said 'Oh people! How

lately?' When she is asked to be a CEO some where." —Doreen Campbell

"I won't say what the connection was at first but the latest at our household would be my six-year-old holding my two year old napping foot. He's trying to hold her back from making it worse that it's gross and it's for the maps, and she will tell me right away just saying on making for it." —Alyssa Connors

"My son wanted to go to bed but I was tired. The baby so I asked him to go to bed to bed. He said 'You can't sleep baby watching TV' —Lisa Walker

"Last year, my 3-year-old said, 'I said with a bag on his face on his way out for New Year's Eve.' —Judy S.

"My son once told Super Mario Bros. about

everyday. So his when I am not busy with the baby it isn't the funny thing he says but he loves with the Nintendo and consciously tells player two (aka me) to push my controller at a wall when I play with him. I thought when I push the controller into a wall he would be happy and says it is on purpose. Just it's just for him to do it. He's a kid. I tell you!" —Courtney Wang

"My four year old son is a chatter box full of hilarious things to say but after preschool the other day this was what he had to say. Mom, the teacher made me the diamond apple and I didn't like him but she made me eat it anyway, so I did and now it is in my stomach and I don't like it so I think I will spit it out." —Shelly Lambert

"Last night when my babydaddy showed us my three-year-old's in the door yelling, Auntie



July's best before you should go to bed? I've been replaced. —Kiyona Dawson

"My sister was playing with her and said 'Hanging with my 2 year old home.' My daughter has not around and said 'I'm a daddy'." —Kathleen Silverwood



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ON THE SCENE

GATSBY NIGHT FOR AUTISM



The party was in full swing Feb. 1 at Basement in the West-ern Development Museum. Autism Services of Saskatoon hosted the Gatsby Night for Autism, inserting the 100 people that seem out in costume back in time. Airing dances featuring the Town Town Big Band at the stage while guests danced the night away. A live silent auction and raffle provided additional entertainment, with support of worthwhile cause. Over \$35,000 was raised for Autism Services of Saskatoon's recreational and social programs. Autism results from a neurological disorder that affects the functioning of the brain, impacting neural development in social interactions, communication and cognitive function. Autism Services of Saskatoon ensures youth and adults have the opportunity to live with dignity and to reach their full potential through a variety of programs.



1. Peter Oker and Carol Reher
2. Terrell Allen and Donna Odionne have fun gambling.
3. Garth Cantrell and Wendy Big hit the dance floor.
4. Roger Kwan, Lezly Russell, Owen Potapenko, Ean Struaty Carol Reher and Lexi Reher.
5. Erin and Cory Chappman are all smiles after their win.
6. The Town Town Big Band played songs from the 1930s.

BRIDGES PHOTOS BY MICHELLE BERG



#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 Pious partner in the furrows
7 One... (London resident)
12 A. to reach
14 Aisle entertainer
15 Have a mortgage say
16... (small)
17 Ten with... (size large acronym)
18... (God name)
19 Visual component rate
20 Card holder rider
21 Contemporary sitcom star of the 2000s
22 After dinner wine
23 Hammer rider
24 Rock/pop disks
26 O to
29 Ad misnomer
31 For sales of songs
32... (ring cake)
34 Actor, scientist and others
36 Hawaiian singer with many recordings; the puni appearances
37 New Year's tradition
40... (celebrity)
42 Rock optimism
44 H.C. line
47 Tinsel, here or
Clay in a Christmas
49 Squat
52 Kith...
53 People of Swedish and Swedish
54 P.C. tool
56 2000s TV drama set in the 1940s
58 Jew
59 The entire safe grade: A-B
61 The White Stripes' genre
62 The White Stripes' genre
64 Fine about letters
67 Little known

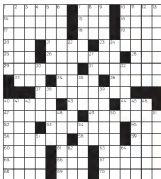


PHOTO BY PHOENIX COURTESY

- 44 Johnson of "Luther" in
46 "Pencil"
52 Artist

DOWN

- 1 First song of the English
2 After-school activity
3 Band with the two children album "Nimrod"
4 Trust in Toledo
5 "Columbo" (television)
6 William F. ...
7 Example of the board
8 First night school
9 American expansion
10... (line)
11 Outright smoker

- 10 Dutch cap shade
11 Make soup
12 "Vocally..."
13 Also: Garibaldi made
14 Capital spanning the Hudson
15 Rock band through affinity
16 Not a friend for Glee
17 Kite
18 Kith...
19 "I'm... the Soler's Day"
20 "I'm... the Soler's Day"
21 Classic Stephen Foster song
22 Free-thinking
23 Outright smoker
24 Present attachment
25 Span across a gorge
26 Subtle performance
27 Premier Men travel
28 Of the
29 One of the
30 Book home
31 For a line back
32 Love from the Beach Boys?
33 Instrument for 20 horses, informally
34 Life of P.T. sector
35

JANRIC CLASSIC BUDDHU

Level: Bronze

Fill in the blue cells with numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Bronze (easiest) to Gold (hardest).



Solution to the crossword puzzle will be in the Sudoku center found on Page 23

in
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OUTSIDE THE LINES



Colouring contest

Each week Staffordshire MoKey creates a family illustration meant to please kids of all ages. Children can colour the page, have a picture taken with the finished product and email it to info@stcolourphonin.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



LAST week's contest winner is
Maren Dergouloff.
Thanks to everyone who
submitted entries!

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GARDENING

#COMMUNITY GARDENS

An attractive option for the urban gardener

By Erl Svendsen

The popularity of community gardening keeps growing. People yearn for fresh vegetables and/or want to limit their consumption of synthetic chemicals used in food production. Many have moved in a house with a smaller yard or divorced from a house or farm to a condo. For young couples and families who want to lower their food bill and teach their children life lessons, community gardening represents an attractive option.

There are two types of community gardens. One type is a space where several gardeners lease individual but adjoining plots. Plot size varies but is typically 35 to 150 square metres.

Many community gardens are not fenced, as a group is developing and agreeing to basic maintenance, code of conduct and rules. A committee organizes events, schedules group work sessions, manages day-to-day operations, allocates space and deals with conflict. In the community garden I belong to, there are actually few rules. One of the bylaws is that synthetic fertilizer or pesticides is not allowed. Madnet (see B40 — 60) covers the cost of materials and outside services (e.g. rototilling).

The other type of community garden is usually owned and by a non-profit charitable organization to grow food to supplement food banks, school lunch programs and lower income families. This space is managed as a single large garden relying on volunteers to organize, plan, seed, weed, water and harvest. This type is also known as a communal garden.

Between these dichotomies is common ground. Individual gardeners can grow a row, donating a portion of their produce. Or individual plots are rented communally with the intent of donating all the food off those plots. Some community gardens even allow non-members in the immediate neighbourhood



A well-tended community garden. Photo courtesy Barbara Hill.

to harvest a reasonable amount for themselves — a truly generous gesture, one that I heartily support.

The deadline to book a plot in most gardens falls at the end of February, so don't dangle. If there isn't a nearby community garden, you have other options. You can partner with someone with an unused backyard — someone that can't or doesn't have the time to garden themselves.

A share of your bounty is usually payback enough.

In Saskatoon, CHOP helps link up gardeners with homeowners. If you're more community-minded, consider creating a new community garden. There's lots of help out there to get underway. Hosting community gardens are a great source of advice. And there may still be time to register for the CHOP's Commu-

nity Garden Conference on Feb. 8 in Saskatoon. It'll be a chance to learn about some of the challenges and best practices for creating a community garden as well as meeting others already involved in organizing one.

This column is a prelude to one of the Saskatoon Personal Society (www.saskatoonpersonal.ca) Awareness Journal only.

SASKATOON COMMUNITY GARDENS

- Contact CHOP: www.chop.org. The organization works to improve access to good food and promotes food security, and provides a support to 25 community gardens.
- CHOP's community garden co-ordinator has individual garden contact information: Doris Andreoff: 305-859-595 ext. 225; andred@chop.org.
- The City of Saskatoon manages a separate community garden space: 305-075-4030; gardens@saskatoon.ca.
- Locate Your local community on Saskatoon library, school, church, RM or town office will also have info about the closest community garden.

ASK ELLIE

Racist and controlling boyfriend needs to go

Q: I'm with a handsome guy who uppers, very charming, intelligent, and social to others. But I've seen his ugly side.

He was making odd racial comments toward me (I'm black and he's white). He said he's joking, he didn't have black people in his country he grew up in, so I'll have to excuse his rudeness.

We argued about that for weeks until he finally said he'd stop.

Then, he accepted two girls from Europe, whom he'd never met, to stay in his place with his other roommate (who was married but his wife was overseas).

My guy comforted with the girls before asking if I was free to help him and his roommate that night.

When I questioned it, he said he should have the right to make my son, including strangers, into his house.

I agree, but we'd only been dating for four months and I think it's a NOT a common practice to let strange women in that circumstance. Please

Ask Ellie



while the girls never showed.

When I moved in, we'd agreed to pay \$100 each for groceries each month. It's what we could both afford.

I stuck to the budget and got everything we needed. He later said I owe him \$100. He demanded the cash got by over \$200 and said that a how much it costs to feed us both. But he couldn't produce a receipt.

Minor incident is occurred because I'd differ from his opinion. Rather than just accept that we think differ only, he'll become agitated, nag me, and say that if I don't take his word, it means, "you don't care about me."

When I once mentioned an alternative

ending to his "Dreadzone Red" episode, he increased it me at the top of his lungs.

Recently, he started taking a model to meet online and was arranging a photo shoot of her for his photography project. I thought that he has models around the house. I am a model, too, but he was taking her at 3 a.m.

They'd been texting constantly during days, evenings and nights, something he doesn't do with other models.

He said she has family problems and doesn't know if she wants to model. She cancelled several times but he was still texting her.

We arranged to work together the next day on some of our projects, but he later asked if I wanted to go for coffee with him that day. He then said the model will be there too, and he wants to be the person she talks to about her problems.

I asked more questions and he became very aggressive, stating he has the right to start with anyone

he wants, for whatever reason he wants.

If given me an ultimatum, I should just put up with him going out with other girls or leave. My reaction to a relationship is, "the relationship is not about me, it's about us."

I want this relationship to work out, but it's my opinion started in the wrong direction.

Frustrating Partner

A: There's more conflict than commitment here. His excusing racist remarks to you, as "inductions" is NOT acceptable period.

Given his need to always be right — and his screaming when challenged — you can bet those racist "jokes" will happen again.

It's a man who does what he wants, and says his back on when questioned. That will only get worse, because his toxic position as always about him and his rights, not about the relationship.

Move on. The other model is all ready getting more respect from him.

Q: How do you get a guy to ask you out? Or how do I ask a guy out? He spazzes quickly.

Michigan Crush

A: The worst way to do either is to rush ahead, start something out and feel hurt if the surprised guy doesn't respond or just laughs you off. (This applies to any harmful and unexpected dating requests no matter the genders involved.)

You've obviously messed with your recent crush. But that doesn't mean he's aware of you.

Do NOT ask him out. First, start a conversation about anything you might have in common — a class, a sport, music taste, a current TV show, etc. Finally, he should if he doesn't answer truth say "See you later," and walk away.

Try once more. If nothing happens, drop it, just smile when you see him. He knows who you are, now.

Meanwhile, stay cool. If he does ever talk to you, ask if he wants to chat more sometime.



Next week in BRIDGES

Core Neighbourhood Youth Co-op director Dave Shanks has 'an understanding of youth that can't be learned'

SHARP EATS

See a food trend you think deserves a highlight in Bridges?

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SASKATCHEWAN FOOD SCENE

Chefs' Gala & Showcase: Five reasons you should go

By Jenn Sharp

1. THE FOOD

It's the food, by far. This isn't another rubber chicken and undercooked potato dinner fundraiser. The food is the star here — it's called the Chefs' Gala for a reason. The Saskatchewan Chefs' Association hosts the event every year (2013 marks the 55th year). At \$40 a person, the tickets aren't cheap, but you'll be hard pressed to find a meal of this calibre for that price anywhere else.

The night kicks off with complimentary sour cherry champagne cocktails during the reception where a variety of hors d'oeuvres will be served. As an on-site gourmet dinner and wine follows, check out the menu on this page. If you've never heard of an ingredient or (three) that's OK. This will be your year to discover new tastes!

2. THE CAUSE

The funds raised this year go to three innovative and unique art groups in Saskatchewan: Little Opera on the Prairie (LOOP), Live Free Independent Theatre and Kikwasi Chamber Music Festival.

LOOP seeks to increase the demand for opera and attract new audiences in Saskatchewan through creative performances. The group's mandate is also to create new work opportunities for artists.

Live Free does a great job of promoting independent theatre by combining drama with the theatre company's own season.

Operaquest and performers at the Kikwasi Festival, which runs May 15 to 18 in Saskatoon, are committed to showcasing and sharing classical music in exciting ways. From old-world to new, this young group of artists is passionate and dedicated to the craft.

3. THE ENTERTAINMENT

Theatre, opera and chamber mu-

sic intermingled with the six dinner courses make for an unforgettable night of art, culture and business talks. Performances by LOOP, Live Free and Kikwasi members will be held throughout the evening.

4. THE DATE

The gala takes place at Pinnacle Hotel Park in Saskatoon. If you're looking for a romantic way to announce your sweetheart that Valentine's Day, securing tickets to this will get you in the good books with at least one February. For the Regina residents, a weekend trip to Saskatoon with a stay at a classy downtown hotel after the gala is the perfect winter vacation.

5. THE FOOD

Did I mention the food? Because it will be amazing. If it's not, you can get mad at me — but that won't happen. The chef talent is some of the best in the country. Three past Gold Medal Plaque winners (Anthony McCarthy, Dennis Crawford and Trevor Robertson), the winner of Top Chef Canada Season 1 (Dale McElroy), along with several others who have been in the game long enough to really know what they're doing.

RECEPTION:

Wines: LeFranc, Domini Robert, St. ardent students and instructors.

■ **Art Thru Plate** with avocado, parmesan with black sesame crisp, moose grass and yellow tomato relish.

■ **Saskatoon Potato** with organic wild root mushrooms and venison hash. Garnished with pork belly and bone marrow.

■ **Sea Scallops** seared with porcini dust as a bed of creamy lentils and squash. Garnished with sweet potato crisps.

■ **Chicken Veracruz** Wreath — Roasted poblano peppers, sweet corn, Spanish rice and molasses in a cream wrap. Dipped in egg whites and bread, served with a chili lime sauce.



Anthony McCarthy will prepare the main course for the Chefs' Gala Dinner: a chicken breast from Pine View Farms filled with chicken hearts, art and sour cherry dressing, caramelized onion and parmesan puree. Garnish alongside seasonal vegetables. Photo courtesy of extended to be: CLIP PHOTOGRAPHY

SQUAD:

Trevor Robertson, Saskatoon Hotel & Northern Poutine Chefs with porcini puree, pan seared pickled chick and Yukon Gold potatoes.

SALAD:

Doug Macdonald, Saskatoon Inn & Day Agri. Beef Tenderloin and Henschel Hill's Gorgonzola cheese with moose grass and Loving Sky Winery's Oenoma wine vinaigrette.

APPETIZER:

Dennis Crawford, Riverside Court

try Club:

■ **Grilled Ocean Wren Shrimp** makes wine with vine tomato and caramel beef dressing and local moose grass, home-made tomato sauce and crisp potato breccia.

MAIN:

■ **Anthony McCarthy**, The Saskatoon Club
■ **Pine View Farms** Chicken Breast filled with chicken hearts, puree and sour cherry demi glace, caramelized onion and parmesan puree.

DESSERT:

Dale MacKay Artisan
■ Citrus Cheesecake with a basil and orange custard.

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WINE WORLD

#EPICA RED

Chilean wine makes a kicky lifestyle statement

By James Romanow

In the past few years the wine market — at least for those at the top trying to line under the \$80 mark — has come to its senses. It wants a smooth ride. It wants to say a frosty word at lunch with little to no apparent acidity, no extra gummy and no structure.

At the high end this means water change and by Helene Turley and her ilk which are packed at expensive levels close to those of the best wine. Such wines cost the earth and are some of the most beautiful in the world.

On the more useful end of the scale, they flag stop for such wines in Apolonia and they flag at enough miles out there, all trying for a place at the marketplace. It's not a new wine, and the most of the best, but it has a fabulous packaging that makes it stand out on the shelf.

If you like such wines you really need to give that one a try. Chilean wines are among the best in the world. The country also has its own popular population that is growing up and drinking these wines. In short, they don't need to send dollars to America, they can export the product with their own young, vibrant, increasingly having to be serious.

The wine doesn't really sell itself as a set of favours as much as a lifestyle statement. If you are young and impulsive leading a kicky



to-the-moment lifestyle, they imply this should be your go to drink.

As a northeast Ohio Part, nearly old enough for the state's discount, the still impulsive but hardly kicky. This wine isn't a word of me and isn't likely to be 'my' wine. And that's exactly what the producers want.

Epica Red, Chile, 2002, \$15 ****

More great wines in Monday's paper or on Twitter @torbow.

Crossword/Sudoku answers

ERNEST	VIC	CHIC
GEISHA	OWE	ONNA
BURGON	COS	NATL
ENV	ERRA	SHERRY
RIA	PAULINA	SUP
TONGUE	TARGETS	
NAT	TANS	DONHO
HAPPY	2014	
CAVED	BOILS	INT
HEIR	ERIS	AUSTERE
IRIS	NAUTIC	CLIA
MADON	REAM	LIBR
FLAT	DUO	KEATON
ROCK	ANA	NDNAME
ARTE	NET	ANGLED

6	2	4	5	8	3	9	1	7
1	5	8	9	7	4	2	6	3
7	3	9	2	6	1	4	5	8
5	4	6	3	1	8	7	2	9
9	7	3	6	4	2	5	8	1
2	8	1	7	5	9	6	3	4
3	6	5	8	9	7	1	4	2
4	9	2	1	3	6	8	7	5
8	1	7	4	2	5	3	9	6

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